

### **Abstract of the Disclosure**

The present invention includes a pharmacologically acceptable composition for ingestion by a mammal, having a first ingredient including a hormone or a substance which stimulates production of a hormone, such as testosterone or growth hormone. The composition also may include a second  
5 ingredient which stimulates the production of cyclic GMP. The second ingredient may also be *Morinda citrifolia* or an extract thereof. The composition of the present invention increases levels of a hormone with a body.